



Chocolate Kahlua Mousse

INGREDIENTS:

1/4 cup	Unsalted butter
1 shot	Kahlua
1 tsp	Vanilla
1/4 cup	Cocoa Powder
1 cup	Sugar
1 each	Egg yolk
4 each	Egg whites
1/8 tsp	Cream of Tartar
1 cup	Fat-free whip topping

PREPARATION:

- Remove eggs from the refrigerator and set aside to bring to room temperature.
- Melt the butter in a sauce pan over medium heat.
- Add in the Kahlua, vanilla, cocoa powder, and 1/2 cup of sugar; whisk until the mixture is smooth.
- Add in only the egg yolks, whisking constantly.
- Bring to a slow boil and then remove from the heat and cool.
- Whip the egg whites, the other 1/2 cup sugar and cream of tartar until soft peaks form.
- Fold the chocolate mixture into the egg whites; gently fold in whip topping.
- Scoop 6- 4 oz. portions of the mixture into glasses and refrigerate until firm.

Number of servings:	6
Serving size:	1/2 cup
Calories:	160
Fat grams:	6

